

-Fagerstrom Test for Nicotine Dependence-

How soon after you wake up do you smoke your first cigarette?

- ☐ Within 5 minutes
- ☐ 6 - 30 minutes
- ☐ 31 - 60 minutes
- ☐ After 60 minutes

Do you find it difficult to refrain from smoking in places where it is forbidden e.g. in church, at the library, in cinema, etc.?

- ☐ Yes
- ☐ No

Which cigarette would you hate most to give up?

- ☐ The first one in the morning
- ☐ All others
- ☐

How many cigarettes/day do you smoke?

- ☐ 10 or less
- ☐ 11 - 20
- ☐ 21 - 30
- ☐ 31 or more

Do you smoke more frequently during the first hours after waking than during the rest of the day?

- ☐ Yes
- ☐ No

Do you smoke if you are so ill that you are in bed most of the day?

- ☐ Yes
- ☐ No

-Readiness to Quit Questionnaire-

Choose the response that best describes how important each numbered statement is to you. If a statement does not apply to you, please choose "Not at all important to me." (Fill in the circle for your answer)

	Not at all important to me	Somewhat important to me	Moderately important to me	Very important to me	Extremely important to me
Quitting might make me irritable.					
I might be stressed if I quit.					
Quitting might make it hard to be around other smokers.					
I would have to deal with cravings if I quit.					
If I quit, I would reduce my chances of developing chronic diseases such as cancer and heart disease.					
I would set a good example for others if I quit.					
My clothes, car and home would smell better if I quit.					
I won't be exposing other people to secondhand smoke if I quit.					